



TRANSCONA  
BUSINESS IMPROVEMENT ZONE

# TRANSCONA BIZ BULLET

VOL 19 No. 2

June 2022



GET ALL THE  
INFORMATION  
ON THIS  
SUMMER'S  
COMMUNITY  
EVENTS

SEE INSIDE FOR FULL DETAILS



# MOVIES IN THE SQUARE

Lights, camera, action! After a long 2-year hiatus, we are so excited to announce the return of Movies in the Square presented by Club Regent Casino & Event Centre! This is a FREE event at the Transcona Centennial Square that we know the Transcona community has missed. This event is B.Y.O.C. (Bring Your Own Chair) and space is limited! We will be hosting three evenings under the stars with family friendly movies to enjoy.



Our friend Popcorn Dan from Beaches Sugar Shack will be set up with concession snacks for purchase. To celebrate our first Movie Night back in 2 years, we will have a special giveaway for the first 50 in attendance and some exciting prizes to be won!

**Friday, July 22nd**  
**Friday, August 5th**  
**Friday, August 26th**

*Movie titles, showtimes and more information to be shared on our social media closer to the event.*

**club**  
**Regent**  
 CASINO • EVENT CENTRE



## SOCIAL MEDIA

The Transcona BIZ has stepped up their social media presence. We want you to have the most current information about what is going on in the Transcona BIZ Zone as quickly as possible.

### You can find us at:

Facebook - [www.facebook.com/TransconaBiz](http://www.facebook.com/TransconaBiz)  
 Twitter - [twitter.com/transconabiz](https://twitter.com/transconabiz)  
 Instagram - [instagram.com/transconabiz](https://www.instagram.com/transconabiz)  
 Website - [transconabiz.ca](http://transconabiz.ca)

## Transcona BIZ BUCKS Winners!

**February:** John Gregorchuk, Amelia Prymak, Myron Paulyshyn

**March:** Sharon Sloane, Barry Riench, L. Kehler

**April:** Brenda Rosin, Betty Thiessen, Paul E. Trudeau

Transcona BIZ Bullet is published quarterly. For more information contact:

204-222-8566 or [admin@transconabiz.ca](mailto:admin@transconabiz.ca)

## 2022 BOARD OF DIRECTORS

Brent Thomas, Casera Credit Union.....Chair  
 Robert Juniper, RJ Accounting.....Treasurer  
 Shawn Nason, City of Winnipeg Councillor.....Secretary  
 Jeanette Corpuz, RBC Royal Bank of Canada. . . . .Director  
 Lynn Dolphin, Wyatt Dowling Insurance Brokers. . . .Director  
 Rob Geswin, Ball Insurance.....Director  
 Robert Francis, Prana Medical Centre. . . . .Director  
 Deborah Neufeld, All About Computers Inc.....Director  
 Tom Oakley, Oakley Alarms.....Director  
 Michael Pester, Royal George Hotel.....Director

Martin Pasieczka, City of Winnipeg.....City Liaison



High Quality Service



**Your Maid™**  
Residential Services



Let us do the cleaning, so you can do the living!

**Our services:**

- Residential & Commercial
- Construction Clean up
- Move in & Move out Cleaning
- Window Cleaning
- Carpet Cleaning
- Office Cleaning
- Spring Cleaning
- Laundry Services
- and more

**Book your cleaning today!**  
Email: [info@yourmaid.ca](mailto:info@yourmaid.ca)  
Phone: 431-887-6243

One Time

Weekly

Bi-weekly

Monthly

We are an expert cleaning service provider you can trust.

All new client's will receive 15% off their first cleaning.

# COMMUNITY MARKETS

*\*All events will be subject to public health guidelines.*

We are happy to announce that we had an overwhelming response this year for our vendor call out for the 2022 Transcona BIZ Community Markets. We are once again so thankful to be able to host the markets at the parking lot of Transcona Christian Reformed Church at 131 Victoria Avenue West. This year will include some of your favourite handmade vendors as well as some new vendors to discover across eleven market dates!

**Thursdays 10:00 am - 2:00 pm:**

**June 23rd**  
**July 7th**  
**July 14th**  
**July 21st**  
**July 28th**  
**August 4th**  
**August 11th**  
**August 18th**  
**August 25th**



*1882 Fruit-Based Hot Sauce*

**Night Markets from  
 5:00 pm - 8:00 pm:**

**Wednesday, July 13th**  
**Wednesday, August 17th**



*L'Arche Tova Café*

*In efforts to continue to prevent the spread of COVID-19, there will be measures set in place to keep our vendors and our community safe and healthy. Be sure to follow us on social media to check out which vendors you'll expect to see at the market that day.*



*The John Russell Honey Company*

## 2022 Vendors include:

*\*Subject to change.*

1882 Fruit-Based Hot Sauce  
 Baltic Bros  
 Barb's Crafts  
 Be Seal Wise Tupperware by Myrna  
 Beer Boutique  
 BJK Paper Crafts  
 Brittany Rae Designs  
 Color Street  
 CraftyCre8 Paper Creations  
 Doreen's Creations  
 Dots of Love Canada  
 Edelweiss Family Garden  
 EK Handcrafted Designs  
 Emms Pocket Shop  
 Epicure with Michele  
 Fat Iguana Chefs Kitchen  
 Flapjack Kids  
 Fred Simpson Glass Jewelry  
 Gabe's Creations  
 Grey Haven Bath and Body  
 Homemade Creations by Pat  
 Kookums Pantry and More  
 L.D.B. Designs  
 Labelle Beads  
 L'Arche Tova Café  
 Loveable Handmade  
 Macs by Beth  
 Mellow Sucrella  
 Nicole Shewchuk Jewelry  
 Norwex with Cynthia  
 Norwex with Teresa  
 Oil Paintings by Iren  
 Optimist Clubs Foundation of Winnipeg  
 Patent 5 Distillery  
 Posiescreations  
 Prairie Pickers Café  
 Purps Produce  
 Rag Treasure Doll Company  
 RK Specialty Foods  
 Scalders Designs  
 Shiarra DeMarchi Jewelry  
 Shrugging Doctor Beverage Company  
 Southside Creations  
 Stitch Sisters  
 Stitchcraft by Dorian Amity  
 Studio Twenty-nine Candle co.  
 Sunset Gourmet  
 Sunshine Bakery  
 SweetLegs Winnipeg with Benita  
 The John Russell Honey Company  
 The Little Eggplant  
 Tiber River Naturals  
 Topo Clay Boutique  
 Trail Dog Treats  
 Trans Canada Brewing Company  
 Vaguely Shaped Friends  
 Watkins with Janet  
 We All Have Cravings Etc  
 Wenkai Oriental Vegetables

## WINNIPEG SPRINKLERS

**Skid Steer & Excavation Services**  
**Snow Removal, Landscaping and Foundation Repairs**  
**Sprinkler Systems Installs and Services**



**Call for a quote:**  
**204-390-7401**



**Financing Available**



# WALLS OF FAME

The Wyatt Dowling/Wawanesa Walls of Fame, located at the Transcona Centennial Square, have been established as means to posthumously honour those individuals and community organizations that have been instrumental in the development, economic success, education, recreation, spiritualism, political life, and volunteerism of Transcona. The Walls of Fame are a permanent tribute to the great individuals and community organizations that played a significant role in Transcona's success.

In 2013, 6 members from the community were honoured for the integral role they played in Transcona's history, you can visit our website to learn more about each nominee. The program took a small break and restarted in 2021, with the updating of the nomination process, the selection of a committee and the development of a evaluation process.

A big congratulations to the 2021 nominees that have received plaques at the Transcona Centennial Square:



## **Jean Delorme (1940 – 2013), Category of Volunteerism**

Jean Delorme was a strong supporter of the Transcona community in which she grew up in. She was an active volunteer in the community for over 30 years and was involved in the Hi Neighbour Festival for over 20 years, including organizing the Miss Transcona Pageant.

Jean acted as a judge, sponsor, and make-up artist for the Miss Transcona Pageant before taking over to run the pageant for 20 years. During her time with the pageant, she was able to grow the number of contestants participating, organizing events in the community to include local businesses, and making the pageant a 2-week event.

In 2012, she helped plan the celebrations surrounding Transcona's 100th Anniversary, including organizing a reunion of the past Miss Transcona Pageant Winners. In 2009, Jean spearheaded the return and restoration of the Hi Neighbour Sam mascot to its current location in the center median on Regent Avenue in Transcona. Hi Neighbour Sam continues to welcome visitors to Transcona every day.

Jean served on many community committees and board of directors over the years, from Treasurer of the Transcona BIZ, to the Transcona Historical Museum Board and the Playground Renewal Association. She was a member of the Transcona Legion.

Jean received many awards and accomplishments including the Queens Diamond Jubilee Award (2012), Mayor's BIZ Award (2006), Manitoba Council on Aging Recognition Award (2010) and Hi Neighbour Sam Gold Pendant (1983) for her work with the Hi Neighbour Festival.

# LEAVE A LEGACY



Are you looking for a way to leave your mark on Transcona? If so, our Buy-a-Paver Program is meant for you. We are offering the opportunity to purchase and engrave an 8x8 paving stone and have it placed in the ground at the Transcona Centennial Square. All pavers will be laid around the New Flyer Peace Fountain to be enjoyed for many years to come. Each paver is only \$250.00 which includes the paver, the cost of engraving, and placement at the Square.

Deadline for submission is July 15, 2022.

<https://transconabiz.ca/community-programs/buy-a-paver/>



### **Alex Taylor (1899 – 1961), Category of Community Development**

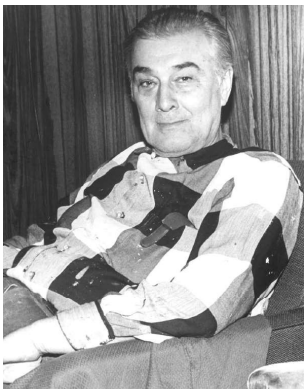
Alex Taylor came to Transcona from Ireland in 1923 with his wife Mary and their son, Alex Jr. He began his early working years in the local C.N.R Boiler Shop before he moved on to the Public Works Department for the Town of Transcona.

In 1930 he transferred to the police force, and became Chief of Police in 1944, retiring in 1953. From 1954 until 1961, he was Justice of the Peace in Transcona.

His role in the community included Chief of Police, Fire Chief, Weed Inspector, Health Officer, Building Inspector, License Inspector and Welfare Officer. This led to Alex being fondly referred to as just “The Chief”.

Over the years, Alex became known for being available to the community at all times of the day and night. Alex was often the first point of contact for anyone that was new to the Transcona area when they were looking for housing or other needs. He was also known for using his own personal finances to help someone down on their luck.

Alex worked with neighbourhood groups to reduce juvenile delinquency and was instrumental in the creation of the East End Community Club. This initiative helped lower the cases of mischief in the area. Alex Taylor’s legacy includes his devotion to the community, and his kindly ways towards those in trouble.



### **Michael Zawaly (1914 – 1995), Category of Sports/Recreation**

Michael (Mike) Zawaly, registered as the 33rd birth in Transcona, was born in his family home in 1914 right here in Transcona. Even from a young age, he showed true promise in sports with a focus on baseball, specifically developing a skill for pitching.

Mike joined the Greater Winnipeg Senior Baseball league as the pitcher for the Transcona team. Known as the “The Big Brown Bomber” (Transcona News), Mike helped the team winning many games including the championships in 1938 and 1939. Mike went on to play with the Winnipeg Maroons in the Northern Baseball League. During the Great Depression and the Second World War, baseball was a great sense of entertainment and pride for the Transcona Community.

In the 1940’s Mike established an electrical contracting company that provided many Transcona homes with electricity for the first time. In the 1950’s, he became Transcona’s Electrical Inspector ensuring the continued growth of the business sector in Transcona. Mike also worked for the Canadian National Railway and was elected as the Chairman of Local 142 of the Canadian Brotherhood of Railway Transport and General Workers for many years.

Mike served as a member of the Transcona Residents Advisory Group that provided councillors with grassroots insight into issues that impacted the Transcona Community. In December 1975, Mike was presented with a City of Winnipeg’s Appreciation Award for services rendered and selfless dedication by voluntarily contributing to improving the community.

Information about all 9 nominees of the Wyatt Dowling/Wawanesa Walls of Fame can be found on our website or that of the Transcona Historical Museum. A big thank you to the selection committee, Peter Martin, Nello Altomare, Donna Wyatt, Murray Rougeau, Dan Morier, Lynn Dolphin and Shawn Nason.

The 2022 Nominations will be open from September 1 to December 31.



# CANADA DAY CELEBRATIONS

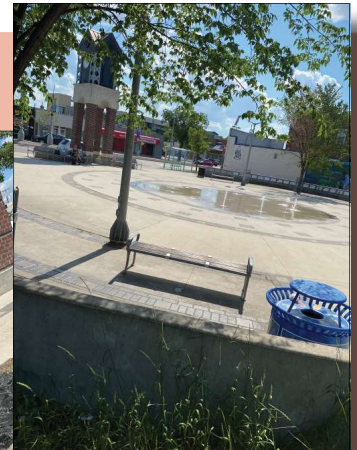
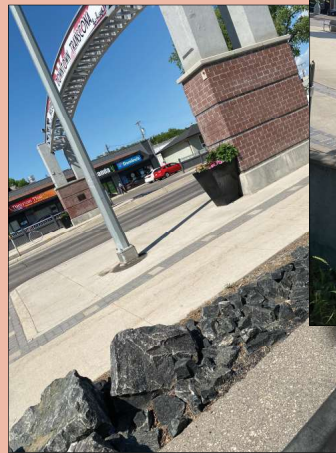
Bon Anniversaire, Canada! We are once again calling all you Canucks to get off your chesterfields and show your best Red and White pride. We have 3 great ways to show your Canadian Pride!! Transcona BIZ is grateful for the generous funding by Canadian Heritage and TD Bank Group to make these Celebrations possible.



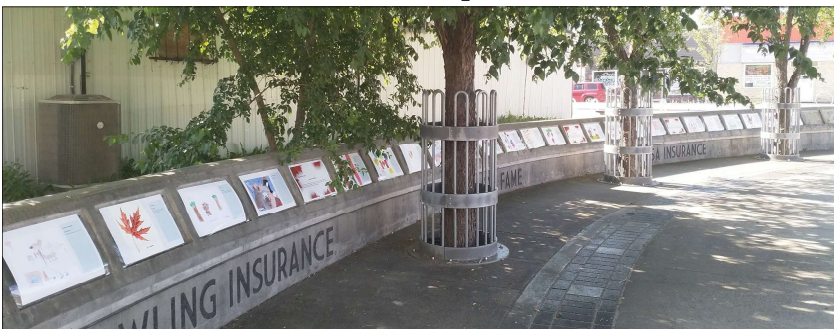
**1** We are so excited to host the 2nd Annual **The Great Transconian Canada Day Scavenger Hunt** in partnership this year with the Transcona Museum! Due to the overwhelmingly popular response from last year's event, we're back at it again. Whether you take the hunt solo or gather a team together to get 'er done, the hunt around the Transcona Business Improvement Zone streets is on! Individuals/teams that answer all questions correctly will be entered into a draw to win prizes including gift cards to local Transcona BIZ businesses.

Official rules, questions and scavenger hunt form will be available online at [transconabiz.ca](http://transconabiz.ca) during the week before Canada Day July 1st, 2022. Pre-register online and pick up a free Canada Day Celebration Kit directly from the Transcona BIZ Office at 108 Bond Street on Friday June 27th between our office hours of 9:00am – 4:00pm. Kits are in limited quantities so make sure to register early to score one of the beauties while supplies last, eh?!

**2** In addition to The Great Transconian Scavenger Hunt, we encourage you to keep your eyes peeled for **Canada Day Themed Rocks** that will be hidden throughout our beautiful Transcona Business Improvement Zone streets! The rocks will be hidden on June 30th, 2022, and if you find a rock, follow the directions on the back to claim your prize! You have double the chance to win this year, good luck, and happy searching!



**3** Transcona BIZ is also inviting all community members to create a masterpiece for the **Canada Day Wall of Fame Community Artwork Display**! Artists of all ages are encouraged to submit an entry inspired by the theme of 'What Makes Canada Great' on an A4 (11' x 8.5") portrait-oriented sheet of paper. Submissions can be delivered to the Transcona BIZ office at 108 Bond St. by 3pm Friday June 17th, 2022. And must include the artist's name, phone number, email and title and description of the artwork.



Entries will be laminated and proudly displayed at the Wyatt Dowling/ Wawanesa Community Walls of Fame at Transcona Centennial Square as part of the 2022 Canada Day celebrations and throughout the summer.



Canadian  
Heritage

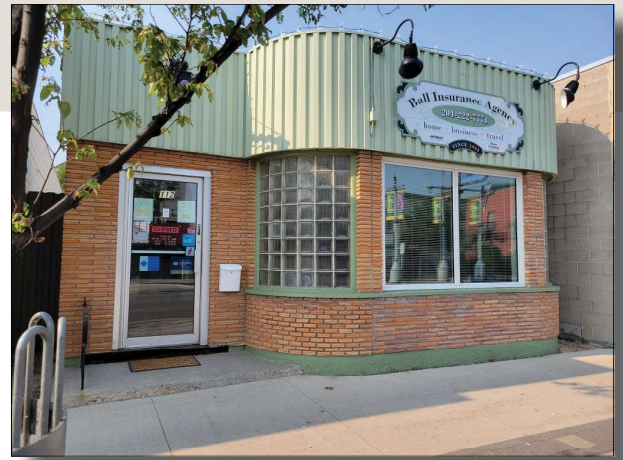
Patrimoine  
canadien

# BALL INSURANCE

Ball Insurance Agency, located at 112 Regent Ave West has been serving East Winnipeg, Transcona and surrounding areas since 1953. Originally started by Eric Ball, and sold to his daughter, Sheilagh in 1985, they have been offering general insurance products and services including Home, Business, Auto, and Travel Health Insurance for almost 70 years.

Sheilagh has spent nearly 40 years serving the community, many with long-time colleague, Carrie Ozarko. As both are now looking towards retirement and spending more time with family and travelling, the sale of Ball Insurance took place again in late 2021.

With this change of hands, we welcome back another long-time community member that many already know. Rob Geswin was raised in Transcona and began his insurance career with the Premier Insurance Group on Plessis Road. Although his insurance career has taken him into different branch and leadership positions all over the city, Transcona has always been his “home”.



*Photo by Cornelius Thiessen*



*Carrie Ozarko, Sheilagh Ball,  
Rob Geswin (left to right)*

“*I love the small town feel and distinct identity of Transcona. There are not many communities in the city like it!* - Rob Geswin”

Rob approached Sheilagh because of their similar values, and he has always admired that she worked tirelessly for her clients and her dedication to the local community. While the insurance industry has seen a lot of consolidation over the years with many family-owned brokerages getting acquired by large national corporations, Ball Insurance strives to provide expert, knowledgeable and friendly help and advice in a more personal manner to their customers.

Ball insurance has partnered with three local charities this year to help continue to give back to the community they serve. You can learn more about all their general insurance products or how they are making a difference in the community by following them on Facebook @ballinsuranceagencywinnipeg



## Transcona BIZ ANTI-GRAFFITI PROGRAM

If you have been tagged or if you see graffiti anywhere in Transcona, please report it to the BIZ. We will remove it at no cost to the owner.

Report online at: [TransconaBIZ.ca](https://TransconaBIZ.ca)

Email a photo with location to: [graffiti@transconabiz.ca](mailto:graffiti@transconabiz.ca)

Call: 204-222-8566



# GET ON BOARD

By Transcona Museum

It's been over one year since we launched our GET ON BOARD capital campaign for the construction of a protective enclosure over historic locomotive CN 2747. The Transcona Museum Board of Directors, the SAVE 2747 Committee and staff are pleased to say that we have raised close to 50% of our \$492,942 goal.

There is plenty of work that is being done behind-the-scenes with the project. The SAVE 2747 Committee is in the process of having working drawings completed on the protective enclosure. Our dedicated volunteer crew are planning their projects for the upcoming summer, including replacing the old wooden floors in the cab interior, installing plexiglass windows, and other detail work. The museum is always looking for new volunteers to help with the project (contact us for more information).

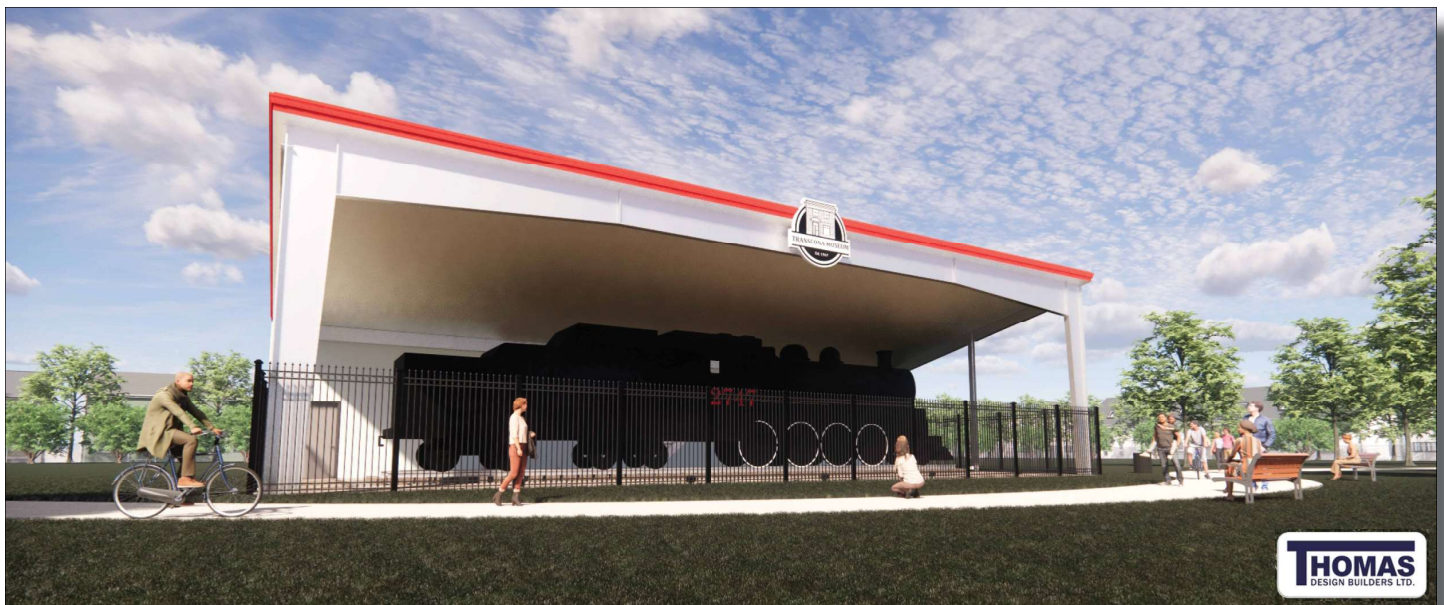
While we are almost 50% of the way there, we still have 50% to go. The SAVE 2747 Committee actively solicits donations and sponsorships to support the project. We are also planning a couple fundraisers this year, including another 50/50 raffle. The Transcona Museum sells GET ON BOARD and SAVE 2747 merchandise in our Gift Shop, with all proceeds going towards the capital campaign.

The SAVE 2747 Committee would like to thank those donors who continue to support, share, and promote the CN 2747 project. We hope we have inspired you to GET ON BOARD.



## Contact the Transcona Museum here:

141 Regent Avenue West  
info@transconamuseum.mb.ca  
204-222-0423  
[transconamuseum.mb.ca/get-on-board](https://transconamuseum.mb.ca/get-on-board)



Free Home Evaluation  
Buying or Selling  
Contact me for Incentives  
Limited Time Only

*Mary Jay* HEBERT

204-510-5552

Royal LePage Dynamic Real Estate

ROYAL LEPAGE  
DIAMOND  
AWARD 2020

10 ROYAL LEPAGE  
TOP TEN  
AWARD 2020  
INDIVIDUAL - MANITOBA





# BIKE TO WORK DAY - PIT STOP

Monday, June 6th, 2022 is the 15th Annual Bike to Work Day, and Transcona BIZ is hosting a Pit Stop! Leave your car at home and visit our Pit Stop between 6:30-9:00am at the corner of Bond St. and Pandora Ave W.

We will be providing riders with a refreshment and snacks from our friends at L'Arche Tova Café and paleo platory to fuel your bike ride to work.

This year, our Pit Stop will be one of over 40 pit stops that will be open across the city to welcome riders on their way to work. Events continue throughout the rest of the week.

Visit [www.bikeweekwinnipeg.com](http://www.bikeweekwinnipeg.com) for the full event listing.



## Working Hard for Transcona



**NELLO ALTOMARE**  
MLA for Transcona

204-594-2025 | [nello.altomare@yourmanitoba.ca](mailto:nello.altomare@yourmanitoba.ca)

## DANIEL BLAIKIE MP Elmwood-Transcona

Proud to  
Support  
Transcona  
Business



204.984.2499



[Daniel.Blaikie@parl.gc.ca](mailto:Daniel.Blaikie@parl.gc.ca)

Constituency Office: 207-1111 Munroe Avenue



**FULL 24 HOUR SERVICE**


**MB Hydro Financing Available**

**COMPLETE SERVICING OF ALL COMMERCIAL/INDUSTRIAL/RESIDENTIAL AIR CONDITIONING AND HEATING**

- Refrigeration • Electrical
- Ventilation • Air Conditioning
- Heat Pumps • Boilers

**24 Hour Service**  
**204-226-3636**  
[www.nexstarmechanical.com](http://www.nexstarmechanical.com)





**James Teitsma**  
**MLA for Radisson**

**Constituency Office:**  
220-1615 Regent Avenue W.  
Winnipeg, MB R2C 5C6

**204.691.7976**  
[office@jamesteitsma.ca](mailto:office@jamesteitsma.ca)



**Parking Spots Available**

**108 Bond Street Phone: 204-226-3636**  
Between Regent and Pandora. Paved with electrical.

Perfect for businesses that require employee parking. Save your parking for your customers or condo owners with multiple vehicles. Near CN main employee entrance!

**Enter by June 30, 2022 to Win \$50 BIZ Bucks\*!**  
(BIZ Bucks have No Cash Value)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Enter by July 31, 2022 to Win \$50 BIZ Bucks\*!**  
(BIZ Bucks have No Cash Value)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Enter by August 31, 2022 to Win \$50 BIZ Bucks\*!**  
(BIZ Bucks have No Cash Value)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

\*To be spent at one the businesses listed in the BIZ Bullet Directory starting on Page 11 of this publication. Winners will be notified by phone.

Drop off or mail your entry form to:  
**Transcona BIZ**  
**108 Bond Street**  
**Wpg, MB R2C 2L2**





# Business Directory

Shop Local. Support Community.

[www.TransconaBIZ.ca](http://www.TransconaBIZ.ca)

## Accounting

**H & R Block Canada**  
3-801 Regent Ave W R2C 3A7  
204-949-4110

**LDF Consulting Services**  
114 Regent Ave E R2C 0C1  
204-222-9373  
*Personal and Small Business Tax preparation and consulting, including e-filing, bookkeeping, and accounting for small to medium businesses. Consulting for new business setup, including setup of accounting systems with training. Located in Transcona for over 20 years, now offering contactless services.*

**Liberty Tax Services**  
309 Day Street R2C 1B1  
204-615-8297  
70849@libertytax.com  
*Your local, friendly tax preparation experts.*

**Liberty Tax Services**  
Unit 7-549 Regent Ave W R2C 1R9  
204-949-3655  
70015@libertytax.com  
*We're fast, accurate and convenient. In person or remotely, we're ready to help you get your taxes done right.*

**RJ Accounting & Tax Service**  
314 Bond St R2C 2L5  
204-224-5913  
robert@rjaccounting.com  
*Twenty-five years of experience with personal income tax returns, monthly accounting, and corporate tax returns, deceased and estate returns, fast electronic filing and personalized service.*

## Automobile Services

**Ram Collision**  
345 Pandora Ave W R2C 1M6  
204-222-7464  
*Collision repair specialist. We repair all makes and models.*

**RMK Auto Sales**  
351 Pandora Ave W R2C 1M6  
204-230-3949

**Spider Design Automotive**  
361 Pandora Ave W R2C 1M6  
204-229-1932  
*Automotive repairs and service, vehicle safety inspections.*

**True-Way Muffler**  
1380 Plessis Rd R2C 4L1  
204-663-3431  
*Specializing in mufflers, brakes, front ends and safeties, suspensions.*

## Banking

**Casera Credit Union**  
1300 Plessis Rd R2C 2Y6  
204-958-6300  
*Our mission is to fulfill our member's financial needs with trustworthy advice, market-leading products, and exceptional service that creates rewarding member experiences.*

**RBC Royal Bank (ATM only.)**  
128-701 Regent Ave W

## Beauty

**Almond Nail Bar**  
4-1460 Plessis Rd R2C 5R5  
204-667-4554  
[www.almondnailbar.com](http://www.almondnailbar.com)  
*A full menu of services for women and men to get your hands and feet looking their best from classic French manicures to proper pedicures. We take clean to a new level and don't use harsh products or tools.*

**Beautiful YOU**  
115 A Regent Ave W R2C 1R1  
204-661-6086  
*Appointments for esthetic services Tue – Sat (including evening appts). Only quality skin products are used and are available for purchase. Women's apparel, purses, accessories, & more. Gift certificates are available.*

**Fabutan Suntan Studio**  
7-801 Regent Ave W R2C 3A7  
204-224-8330  
[www.fabutan.com](http://www.fabutan.com)  
*North America's largest tanning company.*

**Hair Expansion**  
8-801 Regent Ave W R2C 3A7  
204-222-9982  
*Hair salon offering highlights, colour, ear piercing and tanning.*

**Le Petit Barbier**  
B-130 Regent Ave W R2C 1P9  
204-807-0056  
[lepetitbarbier@shaw.ca](mailto:lepetitbarbier@shaw.ca)  
*Barber shop / beauty salon.*

**Lucky Nails**  
2-453 Regent Ave W R2C 1R3  
204-224-5794  
*Excellent professional care, sculpted nails, overlay, gel nails, nail art, hand designs, manicure, and spa pedicure.*

**Night N Day Hair Studio**  
313 B Day St R2C 1B1  
204-421-9321  
*Full service hair salon.*

**Rising Phoenix Hair Salon**  
120-701 Regent Ave W R2C 1P9  
204-777-0647  
[risingphoenixsalon.wixsite.com/hairsalon](http://risingphoenixsalon.wixsite.com/hairsalon)  
*Hair salon*

**Romeo Bros Barber Shop**  
134 Regent Ave W R2C 1P9  
204-222-8196  
*Men's hairstyling*

**Root 37 Hair Design**  
225 Regent Ave W R2C 1R3  
204-222-3704  
*Hairstyling / Esthetics / Massage.*

**Tony's Barber Shop**  
118 Regent Ave W R2C 1P9  
204-224-0283  
*Family owned business for over sixty years, by appointment only.*

## Creative Arts

**Doreen Bissett School of Dance**  
120 Regent Ave E R2C 0C1  
204-222-9368  
[www.dbsdance.com](http://www.dbsdance.com)  
[dbsdoffice@gmail.com](mailto:dbsdoffice@gmail.com)  
*Private dance studio operating in Transcona since 1966, offering a wide range of dance programs for ages 2 - adult. Instagram: @dbsd\_official Facebook: DBSDLTD*

**Transcona Music Center**  
5-549 Regent Ave W R2C 1R9  
204-777-6212  
*Private professional instruction in piano, guitar, bass, saxophone, flute, theory, voice and violin.*

## Dine In & Take Out

**A&W**  
1450 Plessis Rd R2C 2X4  
204-224-0686

**A Little Pizza Heaven**  
101 Regent Ave E R2C 0C2  
204-777-5575  
[info@alittlepizzaheaven.ca](mailto:info@alittlepizzaheaven.ca)  
*Offering our signature garlic crust alongside all you're A Little Pizza Heaven favorites. Besides pick up and delivery, we offer catering and our food truck for private events.*

**Chicken Delight**  
453 Regent Ave W R2C 1R7  
204-982-1370  
[www.chickendelight.com/location/453-regent-ave-w/](http://www.chickendelight.com/location/453-regent-ave-w/)  
*Chicken, ribs and pizza for take-out and delivery.*

**Choy's Chinese Food Catering Services**  
110 Regent Ave E R2C 0C1  
204-222-2005  
[www.choys.ca](http://www.choys.ca)  
*Open 7 days a week, pick up and delivery. Lunch catering available.*

**Dairy Queen (Seasonal)**  
100 Victoria Ave E R2C 0E2  
204-222-9641  
[www.instagram.com/daystdq](http://www.instagram.com/daystdq)  
*Soft serve, cones, blizzards, sundaes, milkshakes, customized cakes.*



*Indicates new businesses to the Transcona BIZ.*

**Dal's Restaurant & Lounge**

122-126-701 Regent Ave W R2C 1S3  
204-222-4255

Full service restaurant. Pizza, burgers, salads, chicken and more for takeout and delivery.

**Domino's Pizza**

1-233 Regent Ave W R2C 1R3  
204-987-5557

pizza.dominos.ca/winnipeg-manitoba-10207/  
Pizza, wings and more.

**Foodtrip Kitchen Regent**

Unit 19-801 Regent Avenue W R2C 1R1  
431-570-0334  
info@foodtripkitchen.ca

**KFC**

1470 Plessis Rd R2C 5G6  
204-219-4852

**L'Arche Tova Café**

119 Regent Ave W R2C 0C1  
204-421-9388

larchetovacafe@larchewinnipeg.org  
www.larchewinnipeg.org/larche-cafe/  
Building a more compassionate society one cup of coffee at a time.

**Little Bones Wings**

123 Regent Ave W R2C 1R1  
204-777-2667

**Little Caesars Pizza**

2-801 Regent Ave W R2C 3A7  
204-953-8888

Hot-N-Ready pizza. Order non-contact pick up and delivery online.

**Maggi's Syrian Food (Seasonal)**

102 Victoria Ave E R2C 0E2  
204-698-6813

Syrian and traditional drive-in food.

**Mucho Burrito Fresh Mexican Grill**

2-1510 Plessis Rd R2C 5R5  
204 306 7810

muchoburrito.com

Canada's largest premium fast casual Mexican restaurant, serving food that is mucho real and mucho fresh. It is made by hand right in front of our guest's eyes, using only the freshest ingredients, free of artificial flavours and preservatives.

**paleo platerly**

313 Day St R2C 1B1  
info@paleoplatery.ca

www.paleoplatery.ca

The paleo platerly caters to those with food sensitivities and allergies. Living with food restrictions is hard. Let us help you enjoy food again.

**Pizza Hotline**

130A Regent Ave E R2C 0C2  
204-222-2222

Pick up and delivery.

**Pizza Hut**

3-1510 Plessis Rd R2C 5G6  
431-317-0589

**Red Chilli's East Indian Cuisine**

11-801 Regent Ave W R2C 3A7  
204-615-5550

redchillis.ca

East Indian cuisine. Dining area to accommodate up to 150 guests. Licensed bar. Good for business meetings and parties for a special occasion.

**Royal Garden Chinese Food**

139A Regent Ave W R2C 1R1  
204-222-4726

Chinese food – pick up and delivery.

**Santa Lucia Pizza**

108 Regent Ave E R2C 0C1  
204-888-5555

www.santaluciapizza.com/108-regent-ave-east/  
SLPregent@gmail.com

Offering take-out, delivery, and catering.

**Sevala's Ukrainian Deli & Catering**

126 Victoria Ave W R2C 1S5

204-224-4900

www.sevalas.com

sevalas@shaw.ca

We specialize in Ukrainian foods: perogies, cabbage rolls, meatballs, borscht, pyryshky, plus a wide selection of homestyle entrees ready to heat and serve.

**Spike's Grill**

202 Bond St R2C 2L4  
204-691-1696

Open from 7 am – 7 pm. Located in the basement of the Princess Hotel, fully licensed family restaurant (children welcome!). Serving home cooked meals.

**Starbucks**

101-1510 Plessis Rd R2C 5R5  
204-899-5472

**Subway**

100 Regent Ave W R2C 2P9  
204-222-8778

www.subway.ca

Dine-in or take-out restaurant with free delivery for catering platters and orders of more than 5 footlong sandwiches. Parties for lunches, dinners and funerals can be organized upon request.

**Szeto's Chinese Food**

103 Bond St R2C 2L1  
204-222-6868

Full service restaurant Chinese food - pickup and delivery.

**Tasty Chinese Cuisine**

129 Regent Ave W R2C 1R1  
204-222-3245

Chinese cuisine and homemade features. Lunch Buffet.

**Tim Hortons**

107 Pandora Ave W R2C 1M4  
204-222-0501

**TOM YUM Thai Restaurant**

3-233 Regent Ave W R2C 1R3  
204-414-9144

Thai Restaurant offering authentic Thai cuisine.

**Wayback Burgers**

Unit 16-801 Regent Ave W  
204-414-225

**Wendy's**

808 Regent Ave W R2C 3B4  
204-224-9289

www.wendys.com

Mobile ordering, drive-thru, and take out available.

**Will's Tasty Food**

201 Melrose Ave E R2C 0B1  
204-489-8322

www.willstastyfood.com

Tues – Wed: 4:30 pm – 10:00 pm

Thurs – Sat: 4:30 pm – 12:00 am

Homemade artisan and gourmet pizzas, poutine, and hot and cold sandwiches.

**Entertainment****Central Hotel**

201 Melrose Ave E R2C 0B1  
204-222-4777

centralhotelevents@mymts.net

www.rookiesinsidethecentral.ca

Beverage vendor, VLTs, monthly rooms, Darts and Pool League, Off Track Betting (OTB) for Assiniboia Downs, WTF Restaurant.

**Joe's Pandora Inn**

103 Bond St R2C 2L1  
204-222-0571

pandorainn@shaw.ca

Comfortable lounge with daily & weekly entertainment, 7 large screen TVs, VLTs, shuffleboard and pool, south facing patio, Transcona Railer Express sponsored Chase the Ace draw Thursdays, Szeto's Chinese Food and beer vendor. Buffet & a Bevy fundraiser events available for booking & sports team sponsorships available.

**Princess Hotel**

202 Bond St R2C 2L4  
204-224-4885

Princess-Hotel@shaw.ca

Full service hotel with 350-seat beverage room, 165-seat banquet hall, drive-thru beer store, 41-seat restaurant, and 15 rental rooms. Banquet hall available for rent (seats 165).

**Royal George Hotel**

123 Regent Ave W R2C 1R1  
204-224-1882

Open 7 days a week, Live entertainment music venue, 210 seat beverage room, VLTs, Vendor, Outdoor Patio, Hotel, Home of Little Bones Wings. Call us to book your special event.

**Funeral Services****Bardal Funeral Home****Arrangement Centre**

6-801 Regent Ave W R2C 3A7  
204-774-7474

**Transcona Funeral Chapel**

3-549 Regent Ave W R2C 1R9  
204-222-5516

www.korbanchapel.com

**Gas Stations****7-Eleven**

104 Regent Ave E R2C 0C1  
204-985-0188

1-801 Regent Ave W R2C 3A7  
204-985-0130

Convenience, gas, lottery, hot food and grill items.



### **Fas Gas Plus**

105 Pandora Ave E R2C 0A1  
204-224-1600

*Full service gas & propane, carwash, convenience store, samosas and Hef-fy's fried chicken.*

### **Henry's Car Wash & Petro-Canada**

107 Pandora Ave W R2C 1M4  
204-222-4086

*Gas, diesel, propane, convenience store, car wash, and Tim Hortons drive-thru and walk-in.*

### **Shell Canada**

1440 Plessis Rd R2C 2X4  
204-224-0074

609 Regent Ave W R2C 1R9  
204-222-9431

[www.shell.ca](http://www.shell.ca)  
*Gas, car wash, and convenience store.*

## **Government**

### **Daniel Blaikie**

MP, Elmwood—Transcona  
201-1111 Munroe Ave R2K 3Z5  
204-984-2499  
[Daniel.Blaikie@parl.gc.ca](mailto:Daniel.Blaikie@parl.gc.ca)

### **Nello Altomare**

MLA, Transcona  
127 Regent Ave W R2C 1R1  
204-594-2025  
[Nello.Altomare@yourmanitoba.ca](mailto:Nello.Altomare@yourmanitoba.ca)

### **James Teitsma**

MLA, Radisson  
Room 227 Legislative Building  
450 Broadway R3C 0V8  
204-691-7976  
[james.teitsma@leg.gov.mb.ca](mailto:james.teitsma@leg.gov.mb.ca)

### **Shawn Nason**

City Councillor, Transcona  
510 Main St R3B 1B9  
204-986-8087  
[snason@winnipeg.ca](mailto:snason@winnipeg.ca)

## **Health Care**

### **Clinics**

#### **Plessis Medical Centre**

12-801 Regent Ave W R2C 3A7  
204-222-4200  
*Family practice medical office.*

#### **Prana Family Medical Centre**

208 Regent Ave W R2C 1R2  
204-222-6771 Fax: 204-777-1728  
[www.pranamed.ca](http://www.pranamed.ca)  
[Facebook.com/pranapharmacy](https://www.facebook.com/pranapharmacy)  
*Dr. Iresha Edi (CCFP, MD)  
Dr. Majid Shariati (CCFP, MD)  
Female family doctor accepting patients.  
Walk-in clinic with longer hour service.  
Full-Service Pharmacy.  
Monday - Friday 8.30 am - 7 pm  
Saturdays 9 am - 1 pm*

#### **Transcona Medical Clinic**

200-701 Regent Ave W R2C 1S3  
204-222-5221

## **Chiropractors**

### **Moorhead Chiropractic**

501 Regent Ave W R2C 1R9  
204-222-2969  
Dr. Lloyd Moorhead  
Dr. Richard Moorhead  
[www.moorheadchiro.solutions/](http://www.moorheadchiro.solutions/)  
[moorheadchiro@shaw.ca](mailto:moorheadchiro@shaw.ca)  
*Chiropractic and massage therapy for your spinal and extremity joint dysfunction and pain.*

### **Regent Chiropractic Centre**

705 Regent Ave W R2C 1S2  
204-222-1571  
Dr. C. M. Possia  
*Massage Therapist also available treatment and rehabilitation for sports, work and other injuries.*

### **SquareONE Rehabilitation**

138-701 Regent Avenue W R2C 1S3  
204-560-4455  
[www.squareonerehabilitation.com](http://www.squareonerehabilitation.com)  
[info@squareonerehabilitation.com](mailto:info@squareonerehabilitation.com)  
*A multidisciplinary healthcare clinic that includes chiropractic, physiotherapy, massage therapy, counselling services, dietetic services and numerous exercise occupational programs.*

### **Zaharia Chiropractic**

509 Pandora Ave W R2C 1M8  
204-224-9474  
Dr. Livia Zaharia  
Dr. Mark Zaharia  
[zahariachiropractic@gmail.com](mailto:zahariachiropractic@gmail.com)  
[www.zahariachiropractic.com](http://www.zahariachiropractic.com)  
*Open late Thursdays until 8pm. Health and injury care, pregnancy & children, auto & work accidents, neck & back pain, headaches, sports & muscle injuries.*

## **Dentists/Denturists**

### **Dr. C. Wells**

**Dr. G. Maxim**  
212-B Regent Avenue W R2C 1R2  
204-222-4297  
[gcmximwells@gmail.com](mailto:gcmximwells@gmail.com)

### **Kontiki Dental Centre**

C-212 Regent Ave W R2C 1R2  
204-222-4238  
Dr. Terry Wong  
Dr. Nancy Auyeung  
*Comprehensive general dentistry. Offering a full range of general, cosmetic and implant dental services. New patients welcome.*

### **Regent Denture Clinic & Implant Centre**

1-549 Regent Ave W R2C 1R2  
204-224-8800  
[www.regentdentureclinic.ca](http://www.regentdentureclinic.ca)  
*Complete denture care & implant solutions.*

### **Transcona Dental Centre**

10-801 Regent Ave W R2C 3A7  
204-222-8609  
[www.transconadental.com](http://www.transconadental.com)  
Dr. Charles Rubin  
Dr. Kevin H. Pham  
*Complete family dentistry. Offer a full range of general and cosmetic dentistry.*

## **Equipment**

### **Transcona Health & Safety Service**

111B Regent Ave W R2C 1R1  
204-414-7131  
[transconahealth@gmail.com](mailto:transconahealth@gmail.com)  
*Medical equipment, garment fitter, compression legwear, diabetic & orthotic footwear. Safety supplies. Healthcare products, cryo care post-surgery.*

## **Hearing Centres**

### **Connect Hearing**

130-701 Regent Ave W R2C 1S3  
204-942-7646  
T.T.Y. Deaf Access: 204-942-7691  
[www.connecthearing.ca](http://www.connecthearing.ca)  
*Hearing health, hearing testing, wide range of hearing aids for purchase, third party coverage, repairs & cleaning.*

## **Massage Therapists**

### **Advanced Massage Therapy Clinic**

2-1460 Plessis Road  
204-306-4747  
[advancedplessis@gmail.com](mailto:advancedplessis@gmail.com)  
[advanced-massage.janeapp.com/](http://advanced-massage.janeapp.com/)  
*Advanced Massage Therapy has knowledgeable therapists that offer a variety of treatments, from hot stone to deep tissue. We also offer direct billing.*

### **Aruba Massage Therapy Clinic**

112 Regent Ave E R2C 0C1  
204-777-6222  
[arubamtc@mts.net](mailto:arubamtc@mts.net)  
*6 Licensed Massage Therapists. Open Mon. - Sat. with online booking available, Heated massage tables, relaxing environment. Massage therapy, deep-tissue, craniosacral, hot stone, pregnancy & children. We take care of your aches, pains, and reduce stress. Direct billing with Blue Cross. Gift certificates available.*

### **Maryka's Massage Therapy Clinic**

115 B Regent Ave W R2C 1R1  
204-414-9392  
[marykasmassagetherapyclinic@gmail.com](mailto:marykasmassagetherapyclinic@gmail.com)  
Online booking: [marykamassagetherapy.juvonno.com/plugin.php](http://marykamassagetherapy.juvonno.com/plugin.php)  
*Registered and Certified Practitioners. Therapeutic, relaxation and pregnancy massage, cupping therapy and reflexology, direct billing. Flexible hours of operation. Open 7 days a week.*

### **Prairie Sage Massage Therapy**

109 Regent Ave W R2C 1R1  
204-691-9101  
[www.prairiesagemassage.ca](http://www.prairiesagemassage.ca)  
*Registered massage therapists offering therapeutic and relaxation massage.*

### **Steven Hanks Massage Therapy**

*(inside Miracle Health Network)*  
132 B Regent Ave W R2C 1P9  
204-770-4414  
[www.TMHN.info](http://www.TMHN.info)  
*Our 25th year! Advanced Massage RMT, Medically Trained IASTM, STAT Certified, Emotional Release (ERT), Muscle NRG Therapy (MET), kid friendly, direct billing.*

## Optometrists

**Prairie Eye Care – Winnipeg Optometrists**  
Unit 3-1490 Plessis Road R2V 5G6  
204-306-0566  
www.prairieeye.com

### Transcona Optical

211 Regent Ave W R2C 1R3  
204-224-2254

www.transconaoptical.ca

Dr. B. Rosner Dr. B. Chartier  
Dr. A. Boroditsky Dr. E. Fiorentino  
Dr. S. Malo Dr. K. Blackie

*Optometric practice providing a full range of services from comprehensive eye exams to high quality frames and contact lenses.*

## Pharmacies

### Plessis Pharmacy

15-801 Regent Ave W R2C 3A7  
204-777-1468

*Independent & locally owned community Pharmacy proudly serving Transcona & surrounding areas since 2009. We offer prompt, courteous, friendly service including free city-wide delivery, curbside services, blister packaging, blood pressure monitoring, medication review, auto-refill & sync prescription services. We are open 6 days a week and offer after hour service.*

### Prana Pharmacy

208 Regent Ave W R2C 1R2  
204-777-3093

*Full city-wide delivery and loyalty program. Walk-in clinic and family doctors accepting new patients. Monday through Friday: 9:00 am - 7:00 pm Saturday: 9:00 am - 1:00 pm Medscheck and Diabetes education program. Easy to administer program. Tailor-made medications compounding service. Sharps and medication disposal program.*

### Regent Park Pharmacy

118-701 Regent Ave W R2C 1S3  
204-222-3257

*Retail Pharmacy offering city-wide delivery, stamp shop and greeting cards.*

### Rexall Pharmacy

1-1490 Plessis Rd R2C 5G6  
204-222-4700

## Physiotherapists

### Plessis Physiotherapy

14-801 Regent Ave W R2C 3A7  
204-222-2432

www.plessisphysiotherapy.ca

*Private practice physiotherapy clinic.*

### Transcona Physiotherapy

230 Regent Ave W R2C 1R2  
204-224-4015

www.transconaphysio.com

info@transconaphysio.com

*Transcona Physiotherapy and Sports Injury Clinic is a professional practice in the fields of physical therapy, athletic therapy and massage therapy.*

## Household Services & Trades

### Creative Door Services

64 Hoka St R2C 3N2

204-224-1224

www.creativedoor.com

*Commercial and residential garage door products.*

### Nexstar Mechanical Services Ltd.

108 Bond St R2C 2L2

204-226-3636

www.nexstarmechanical.com

*Industrial, commercial, and residential heating, cooling, and ventilation systems. Service and installation.*

### RGC Plumbing & Mechanical

130 Regent Ave W R2C 1P9

204-415-3512

RGCPlumbing@gmail.com

www.rgcplumbingandmechanical.com

*RGC Plumbing - Your Total Plumbing Contractor. RGC Radon - Leaders in Radon Mitigation.*

### Transcona Overhead Doors Ltd.

118 Melrose Ave W R2C 1N6

204-222-7943

www.transconaoverheaddoors.ca

*Residential overhead garage doors, electric openers, and bug screens. Sales, service and installations serving happy homeowners since 1973.*

### Wach Window & Door Ltd.

521 Pandora Ave W R2C 1M8

204-222-9434

*Residential window and door replacement, sales, service, installation Transcona business since 1967.*

## Insurance

### Ball Insurance Agency

112 Regent Ave W R2C 1P9

204-222-7771

info@ballinsurance.ca

*Your Local Insurance Experts! Since 1953, serving Transcona, and surrounding area, residents for their Home, Auto, Business and Travel Health Insurance needs.*

### Clarke Financial Planning & Insurance Services

110 Regent Ave W R2C 1P9

204-487-6556

linda.clarke@clarkefinancialplanning.com

www.clarkefinancialplanning.com

*The firm specializes in offering group insurance & pension plan services to First Nation companies and governments. 100% First Nations owned and operated.*

### Medi-Quote Insurance Brokers

505 Pandora Ave W R2C 1M8

204-947-9210

www.mediquote.ca

*Specializing in travel medical insurance for all ages. We have a plan for everyone.*

### Wyatt Dowling Insurance Brokers

136-138 Regent Ave W R2C 1P9

204-222-3221

4-801 Regent Ave W R2C 3A7

204-940-6552

www.wyattdowling.ca

*General Insurance including Home, Auto, Business, and Life Insurance. 11 Locations in Winnipeg.*

## Law Offices

### George & Tweed Law Corporation

4-549 Regent Ave W R2C 1R9

204-949-3080

*Providing legal services in: Real Estate, Wills & Estates, Family Law, Corporate Law.*

### Hilary C. Maxim Law Office

B-212 Regent Ave W R2C 1R2

204-224-2600

*Lawyer dealing with residential real estate transactions, wills, and general Power of Attorney.*

## Manufacturers & Industrial Trades

### Burnbrae Farms Limited

615 Kernaghan Ave

204-222-2783

www.burnbraefarms.com

*Egg grading and processing.*

### Clark Transport

770 Pandora Ave E R2C 3N1

204-453-6042

### Canital Granite

100 – 100 Hoka St R2C 3N2

204-224-2286

Toll Free: 1-800-665-0045

www.canital.mb.ca

mail@canital.mb.ca

*Granite and quartz countertops.*

### Dominion Pallet & Crate Ltd

414 Pandora Ave W R2C 3A5

204-958-8068

www.dominionpallet.ca

### DeFehr Furniture (2009) Ltd.

770 Pandora Ave E R2C 3N1

### Exceldor (Formerly Granny's Poultry)

750 Pandora Ave E R2C 4G5

204-488-2230

*Wholesale only - no retail outlet or license to sell to the general public.*

### Final Step Limited

22-630 Kernaghan Ave R2C 5G1

204-222-8822

### George Wakefield Foods Inc

B-1225 Plessis Rd R2C 3L9

204-488-0716

### Kent Welding Gun

1249 Plessis Rd R2C 3L9

204-667-7555

solutions@kentweldinggun.com

www.kentweldinggun.com

*Manufacture, sell and service Kent welding guns. Repair service to MIG welding guns. Sales of most popular MIG gun parts. Custom/production CNC machining.*



**Martel Bros. Ltd.**

359 Pandora Ave W R2C 1M6  
204-233-2022  
martelbrosLtd@shaw.ca  
Freight handling.

**National Tire Distributors Inc**  
64-630 Kernaghan Ave R2C 2L8  
204-775-9321  
www.ntdcanada.com

**New Flyer Industries**

711 Kernaghan Ave R2C 3T4  
204-224-1251  
www.newflyer.com  
buses@newflyer.com  
*The leader in low-floor, heavy-duty buses. New Flyer has a complete line of vehicles operated in fleets across North America.*

**Polynt Composites Canada**  
84-84 Hoka St R2C 3N2  
204-668-4900  
www.polynt.com/en/

**Praxair Canada Inc.**

700 Pandora Ave E R2C 3A6  
204-222-4269  
Acetylene filling station.

**Quick Transfer**

200-766 Pandora Ave E R2C 3A6  
204-786-6011  
www.qtmoving.com

**Target Products**

400 Pandora Ave W R2C 3A5  
204-654-8320

**Not-for-Profit****Community Groups**

**East End Community Club**  
517 Pandora Ave R2C 0A5  
204-222-8013  
eastendarena.ca

**L'Arche Winnipeg**

118 Regent Ave E R2C 0C1  
204-421-9388  
www.larchewinnipeg.org

**Royal Canadian Legion Branch 7**

117 Regent Ave E R2C 0C2  
204-222-9951  
transconalegion.ca

**Transcona Historical Museum**

141 Regent Ave W R2C 1R1  
204-222-0423  
www.transconamuseum.mb.ca

**Transcona Public Library**

1 Transcona Blvd R2C 5R6  
204-986-3950  
wpl.winnipeg.ca/library/branchpages/  
branch.aspx?tran

**Transcona BIZ**

108 Bond St R2C 2L2  
204-222-8566  
transconabiz.ca

**Pet Services****Pet Planet**

4-1510 Plessis Rd R2C 5R5  
204-222-8069  
*Pet Planet is a "natural grocer" for dogs and cats offering a wide range of healthy food, treats, supplements, a self-wash, and, of course, toys!*

**Shih Tzu's Forever Grooming Services**

103 Regent Ave W R2C 1R1  
204-221-2811  
*Where we treat your pet like family.*

**Transcona Veterinary Hospital**

501 Pandora Ave W R2C 1M8  
204-222-5251  
www.transconaveterinaryhospital.ca  
*Primarily canine and feline veterinary hospital.*

**Printing & Promotions****Bond Printing**

130 Victoria Ave W R2C 1S5  
204-222-7069  
www.bondprinting.net  
sales@bondprinting.net  
*Serving the Community since 1986! Commercial and retail printing/promo items/community news publication.*

**Real Estate****Kehler Realty**

132 Regent Ave W R2C 1P9  
www.KehlerRealty.com  
Art Kehler - 204-222-0149  
Jeremy Kehler - 204-222-0001  
Gus Miller - 204-224-0078  
Robert Unger - 204-791-5145

**McCreedy Knox Team**

6-549 Regent Ave W R2C 1R9  
204-989-7900  
www.mccreedyknox.ca  
mkteam@royallepage.ca  
Jamie McCreedy - 204-479-4868  
Jamie Knox - 204-470-9828  
Ivan Paulic - 204-260-0858  
April Swanson - 204-803-3149

**Retail****431 Urban Street Wear**

B-139 Regent Ave W R2C 1P9  
204-222-0350

**ABC Power Tools**

201 Regent Ave W R2C 1R3  
204-224-1760  
www.abcpowertools.ca  
*Winnipeg's number 1 STIHL Dealer. Specializing in power equipment and handheld tools. Sales and service.*

**All About Computers**

C-130 Regent Ave W R2C 1P9  
204-224-9285  
www.regentcomputer.com  
allabout@shaw.ca  
*Quality New & Used Desktop & laptop Computers, Fast Reliable Desktop & Laptop Repairs, Laser Toners & Inkjet Cartridges. "Always providing excellence in service and product."*

**Aunt Monica's Attic**

111-A Regent Ave W R2C 1R1  
204-615-5270  
fun@auntmonicasattic.com  
www.auntmonicasattic.com  
*Battery-free toys, novelties, craft kits, jigsaw puzzles, supplies and more. Kids' parties, story times and workshops too. For kids and adults alike.*

**DOLLARAMA LP**

1460 Plessis Rd  
110-701 Regent Ave W R2C 1S3  
www.dollarama.com

**Dulux Paints**

2-100 Regent Ave W R2C 1P9  
204-224-3134  
pa8645@ppg.com  
www.dulux.ca  
*Paint supplies, interior and exterior paint.*

**Eastend Meats & Sausage**

123 Regent Ave E R2C 0C2  
204-222-4888  
www.eastendmeats.ca  
*Smoked sausages and homestyle deli meats, fine cuts, fresh beef, pork, chicken, delicacies, frozen foods, dry grocery, deli trays, meat packages, custom cutting*

**Fat Panda Vape Shop**

2-233 Regent Ave W R2C 1R3  
204-416-8333  
www.fatpanda.ca  
*Vape shop here to help our customers make the transition from smoking to vaping.*

**Fire & Flower Cannabis Co.**

Unit 3-1460 Plessis Road R2C 5G6  
204-560-4670

**Homerun Sports**

(inside East End CC)  
517 Pandora Ave E  
204-999-5849

**J L R Jewellers**

118 Regent Ave W R2C 1P9  
204-471-3632  
*All jewellery, watch, and clock repairs, watch batteries, custom work, vintage & estate jewellery, and unique giftware.*

**John Russell Honey Company**

128 Victoria Ave W R2C 1S5  
204-612-2337  
Honeyb.ca  
honeyb@mts.net  
*Producers and packers of Manitoba's finest pure, raw Honey. Pioneers of naturally flavored and infused honeys. Fundraising and wedding favour specialists. Co-packing services available, C.I.F.I / S.F.C Licensed*

**LumberZone**

309 Bond St R2C 2L6  
204-222-3281  
www.thelumberzone.ca  
*Building supplies, hardware, paint, and tools for commercial and residential purposes.*

**Mission Thrift Store**

701 Regent Ave R2C 1S3  
204-667-5329

### **Northern Lights**

129 Regent Ave E R2C 0C2  
204-415-5106  
*Head shop and plant nutrients.*

### **Palliser Furniture Outlet**

79-630 Kernaghan Ave  
204-988-0800  
*Furniture outlet for high quality upholstered furniture at less-than retail prices. Cash & carry. Delivery available. Hours: Wednesday - Friday: 10am – 7pm, Saturday & Sunday: 10am – 5pm, Closed Monday & Tuesday*

### **PharSyde**

117A Regent Ave W R2C 1R1  
204-222-4753  
*A variety of convenience items, cat and dog food, lotteries, hemp products, and vape products.*

### **Pop And Shop**

132-701 Regent Ave W R2C 1S3  
204-222-0904  
*Convenience store, lottery and game area, water supplies and refills, key cutting, dry cleaning, photocopying, Kinsmen Bingo, ATM inside.*

### **Regent Pawn**

105 Regent Ave W R2C 1R1  
204-222-6501  
*Your friendly neighbourhood pawn. Buy, sell, and pawn. Licensed & bonded.*

### **Soccerland.ca Online Shop Only**

3-453 Regent Ave W R2C 1R7  
204-470-1316  
soccerland@live.ca  
*We sell quality soccer team uniforms and accessories, hockey name bars, t-shirts, goal posts and sport turf. Brand names including Diadora, Inaria, Kwik Goal, SKLZ, Kobe, Bownet, Gildan, ATC, Bella Turf and Admiral. Hours to see samples, pick up or place orders: Monday – Friday 1pm – 6pm.*

### **Ted's No Frills Grocery**

1500 Plessis Rd R2C 5G2  
1-866-987-6543

### **The Joint Cannabis Shop**

218 Regent Ave W R2C 1R2  
204-615-5285  
thejointcannabis.ca  
*Cannabis accessories.*

### **Tony Fernandez Signature Shoe Repair & Key Cutting**

B-134 Regent Ave W R2C 1P9  
204-615-1245

### **Video King**

309B Day St R2C 1B1  
204-224-9521  
www.vkonline.com  
*Movie sales & distribution for rentals and sales.*

## **Security**

### **Oakley Alarms**

359 Pandora Ave W R2C 1M6  
204-654-9982  
info@oakleyalarms.ca  
*Sales and installation of home and commercial security systems.*

## **Services - Other**

### **Access Information Management Canada**

76 Hoka St R2C 3N2  
www.accesscorp.com  
*Records management including storage, destruction, and recycling management services.*

### **Blaze Ink Tattoo**

107 Regent Ave W R2C 1R1  
204-222-6668  
blazeink@hotmail.com  
www.blazeinktattoos.com  
*Custom tattoo shop that caters to all styles.*

### **Kildonan Tailor**

736 Regent Ave W R2C 1S4  
204-615-5857

### **Nichol Commercial Licensing Inc.**

114 Regent Ave W R2C 1P9  
204-777-6700  
lnichol@nclnet.ca sbergen@nclnet.ca  
www.nclnet.ca  
*NCL is a Transportation Consulting Firm that specializes in Commercial Fleet Licensing & Safety & Compliance needs for companies operating in Canada & U.S.*

### **Operating Engineers of Manitoba Local 987**

200 Regent Avenue W R2C 1R2  
204-786-8658  
www.oe987.mb.ca

### **RC Amusements, Inc.**

128 Regent Ave W R2C 1P9  
204-294-1110  
*Repair arcade games and pinball machines, supplier of jukeboxes to bars and hotels.*

### **Red Door Property Management Services**

2-549 Regent Ave W R2C 1R9  
204-505-1334  
reddoorproperties@shaw.ca  
*Specializing in condominium management.*

### **Regent Park Banquet Centre**

116-701 Regent Ave W R2C 1S3  
204-222-2931  
www.weddingswinnipeg.com  
regentparkhall@shaw.ca  
*Great location for socials, weddings, banquets, meetings, special events. Capacity 450. Licensed. Chef on staff.*

### **Regent Tailor**

107 Regent Ave E R2C 0C2  
204-221-6585  
*Clothing alterations and repairs.*

### **Spike's Quick Silver Laundry**

204 Bond St R2C 2L4  
204-224-0108  
*Proudly servicing our great customers in Transcona, also providing laundry services for commercial clients all over the city of Winnipeg.*

### **Winnipeg BTC.com**

401 Bond Street R2C 2L8  
204-815-4068  
Facebook: facebook.com/winnipegbtc.com  
Instagram: WinnipegBTC  
Twitter: @cryptonutz  
LinkedIn: linkedin.com/in/sircarthy  
Discord: discord.gg/y2BQ3AW  
info@winnipegBTC.com

## **WAYS TO SUPPORT LOCAL:**

#1

Leave a Google or Facebook review

#2

Choose curbside or in-store pickup instead of shipping

#3

Share your favorite stores in your social networks

#4

Buy a gift card for a future purchase

